

How to LOVE



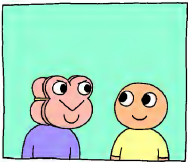
dear dorris,

how do I show my
affectionate side
to someone who is used
to me being mean,
without making it seem
weird?

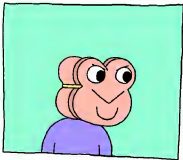
-jade x



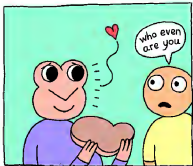
In public, we all present ourselves
in particular way



and we may worry that if someone
sees what is under the mask



it will seem strange.



But our public and our private
selves are not so black-and-white...



we each have a whole
spectrum of selves...

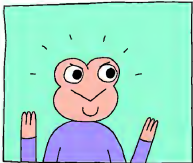


some of which we display
more than others...

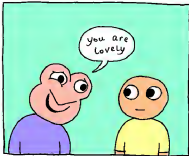
and in public we don't wear
a mask, but show a different side
of ourselves.



If we become used to presenting
ourselves in a certain way

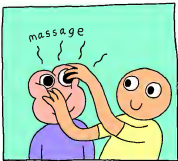


then suddenly trying to be affectionate

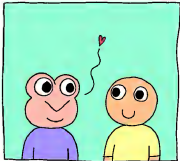


will be weird and self-conscious

but over time we will learn
to relax with this person



and we will be able to show
another side of ourselves



in a natural way.